



FONDEE 1881

CODE OF POINTS
RHYTHMIC GYMNASTICS
2013-2016



Rhythmic Gymnastics
Technical Committee

The English version is the official text

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An update including minor amendments and clarifications will be published after the
Intercontinental Judges Course

FEDERATION INTERNATIONALE DE GYMNASTIQUE



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GENERALITIES

1. COMPETITIONS AND PROGRAMS

1.1. OFFICIAL CHAMPIONSHIPS OF RHYTHMIC GYMNASTICS AND COMPETITIONS PROGRAMS (Refer to Technical Regulations Sect.1 and Sect.3)

1.2. PROGRAM FOR INDIVIDUAL GYMNASTS

- 1.2.1. The program for Senior and Junior individual gymnasts usually consists of 4 exercises
- 1.2.2. The length of each exercise is from 1'15" to 1'30."

1.3. PROGRAM FOR GROUPS

- 1.3.1. The program for Senior Groups usually consists of 2 exercises: one with a single type of apparatus and the other with two types of apparatus.
- 1.3.2. The program for Junior Groups usually consists of 2 exercises, each with a single type of apparatus
- 1.3.3. The length of each exercise is from 2'15" to 2'30."

1.4. TIMING

The stopwatch will start as soon as the gymnast or the first gymnast in the group begins to move and will be stopped as soon as the gymnast or the last gymnast in the group is totally motionless.

Penalty by the Coordinator Judge: 0.05 point for each additional or missing second

1.5. MUSIC

- 1.5.1. All the exercises have to be performed in their totality with a musical accompaniment. Short and voluntary stops, motivated by the composition, may be tolerated.
- 1.5.2. A gymnast/Group may repeat an exercise only in the case of a "force major" fault from organizing country and approved by Superior Jury (example: electricity shut down, sound system error, wrong music played, etc.).
- 1.5.3. The music can be interpreted by one or several instruments or a musician, including the voice used as an instrument. All instruments are authorized provided that they express music with the characteristics necessary to accompany an RG exercise: clear and well-defined in its structure.
* Only one exercise can be used with music with voice and words for Group and one exercise for Individual in respect to ethics. The coach must highlight which exercise is used with music with voice and words and write it on **D** form (see Annex pages 42, 43).

Penalty by the Difficulty (D) Judge: 0.50 point for use more than one exercise with music with voice and words

***Note:** The FIG RG/TC will decide after World Championships 2013 keeping or removing music with voice and words.

- 1.5.4. The music must be unified and complete (modification of already existing musical arrangement is allowed). A disconnected juxtaposition of various musical fragments is not allowed.
- 1.5.5. Non typical music of Rhythmic gymnastics character is totally forbidden (ex: words, sirens, car engines, etc.)
- 1.5.6. Each apparatus must be recorded on a high-quality CD. A sound signal may start before the music. One single music may be recorded on each CD (unless there is a musician).
- 1.5.7. The following information must be written on each CD:

Name of the Gymnast

Country (the 3 capital letters used by the FIG to designate the gymnast's country)

Apparatus symbol

Name(s) of the composer(s) and of the music

Length of music

Penalty by the Coordinator Judge: 0.50 point for Music not conforming to regulations

2. JURIES

2.1. JURY COMPOSITION – Official Championships and Other Competitions

2.1.1. SUPERIOR JURY

(Refer to Technical Regulations Sect.1 and Sect.3)

2.1.2. JURY COMPOSITION for INDIVIDUALS AND GROUPS

Each Jury (Individuals and Groups) consists of 2 groups of judges: Difficulty and Execution

Difficulty (D)

The 4 D judges evaluate the Difficulty independently

Difficulty (D): 4 judges, average of the 2 middle scores

+ 2 Reference judges for World Championships/Olympic Games, and the other Multisport Games listed in the technical regulations Reg.4.11.4.1 A.

Execution (E):

5 judges + 2 Reference Judges for World Championships/Olympic Games, and the other Multisport Games listed in the technical regulations Reg.4.11.4.1 A.

4-5 judges for international competitions

Final E score (by deduction) with 5 judges: average of the 3 middle scores

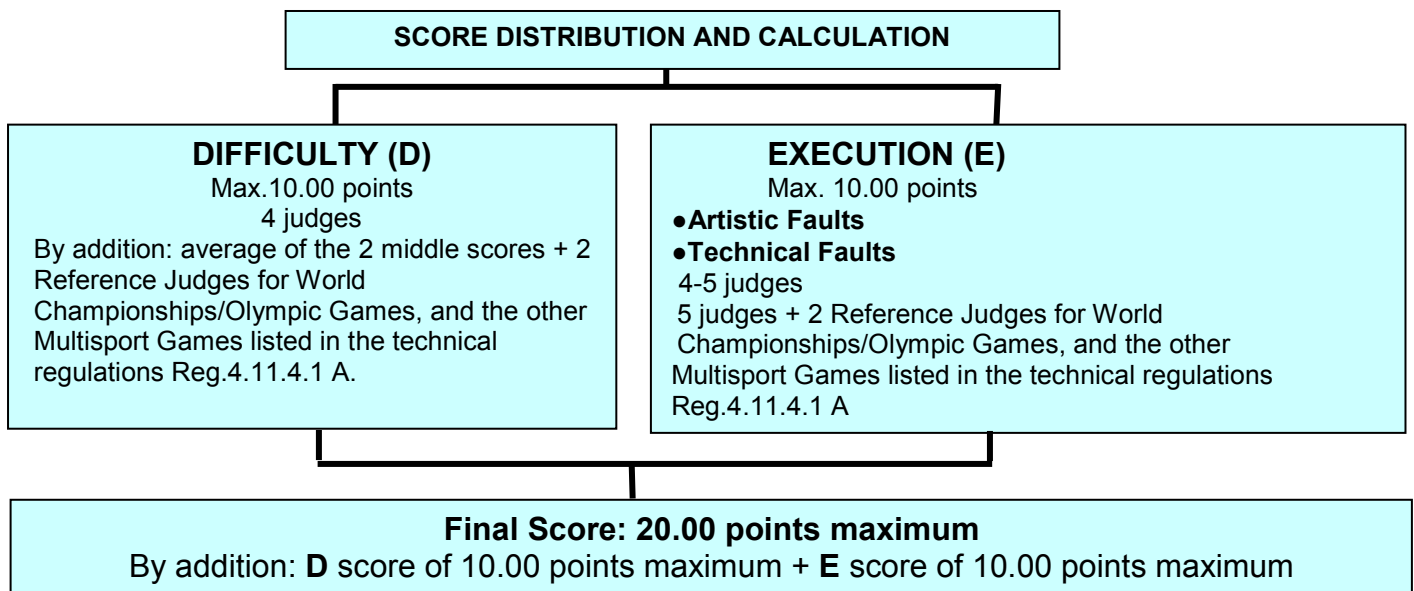
Final E score (by deduction) with 4 judges: average of the 2 middle scores

2.1.3. JUDGE N°1 OF THE JURY (D) IS THE COORDINATOR JUDGE

The D1 Coordinator Judge will apply the penalties indicated in Annex.

The Superior Jury must confirm the penalties given by the Coordinator Judge

2.2. DISTRIBUTION AND CALCULATION OF SCORES (Note: For Junior gymnasts, see Annex)



2.2.1. INQUIRIES (See Technical Regulations, Sect. 1, Reg. 8.4)

2.3. INTERNATIONAL TOURNAMENTS

2.3.1. Each judging panel will be assisted by a Coordinator Judge (see 2.1.3)

2.3.2. A neutral judge who will assume the duties of the Superior Jury is required.

2.3.3. A tournament with a high percentage of judges representing the host organizing country will not count for the judges' evaluation.

2.4. JUDGES' INSTRUCTION

Before every official FIG Championships, the Technical Committee will organize a meeting to inform the participating judges about the judging organization.

Before all other championships or tournaments, the Organizing Committee will hold a similar meeting.

3. FLOOR AREA

3.1. INDIVIDUAL AND GROUP EXERCISES

3.1.1 Crossing of the boundary of the floor area by the apparatus or one or two feet or by any part of the body touching the ground outside the specified area or any apparatus leaving the floor area and returning by itself will be penalized.

Penalty by the Coordinator Judge: 0.30 point each time for an individual gymnast or for each group gymnast at fault or for the apparatus each time.

No Penalty if the apparatus leaves the floor area after the end of the exercise and the end of the music or the apparatus is lost at the last movement.

Line Judge: must raise a flag for the apparatus or body crossing the boundary and two flags if both the apparatus and body cross the boundary of the floor area; must write down the penalty in the special form and pass it to the Coordinator Judge.

3.1.2. No penalty will be applied if the apparatus passes the boundary of the floor area without touching the ground.

3.1.3. Each exercise will have to be performed entirely on the same floor area:

Penalty by the Coordinator Judge: 0.30 point if the gymnast or each Group gymnast changes floor areas or ends her exercise outside the floor area or leaves the floor area during the exercise.

Line Judge: must raise a flag if the gymnast or Group gymnast changes floor areas or ends her exercise outside the floor area or leaves the floor area during the exercise; must write down the penalty in the special form and pass it to the Coordinator Judge.

4. APPARATUS

4.1. NORMS – CHECKING

4.1.1. The characteristics of each apparatus is specified in the *FIG Apparatus Norms*

4.1.2. Apparatus used by a Group must all be identical (weight, dimension and shape); only their color may be different

4.1.3. Every apparatus will be checked prior to the entrance of the gymnast in the competition hall. Another control may take place at the end of an exercise at the request of the Superior Jury

4.1.4. For any use of non-conforming apparatus:

Penalty by the Coordinator Judge: 0.50 point for individual and group exercises

4.2. APPARATUS PLACEMENT AROUND THE FLOOR AREA – REPLACEMENT APPARATUS

4.2.1. Replacement apparatus around the floor area is authorized:

The Organizing Committee must place a set of identical apparatus (the complete set of apparatus used by the individuals or group for the competition) along three of the four lines of the floor area (not including the entry point) for the use by any gymnast.

The gymnast may only use a replacement apparatus which has been placed prior to the start of the exercise

Penalty by the Coordinator Judge: 0.50 point for any additional apparatus

4.2.2. If the apparatus falls and **leaves** the floor area, the use of a replacement apparatus is allowed:

Penalty by the Execution (E) Judge: 0.70 point for loss of apparatus outside the floor area (regardless of distance)

Penalty by the Coordinator Judge: 0.30 point for apparatus leaving the floor area

Line Judge: must raise a flag for the apparatus crossing the boundary of the floor area; must write down the penalty in the special form and pass it to the Coordinator Judge.

4.2.3. If the apparatus falls and leaves the floor area and is returned to the gymnast by an official or member of the public:

- Penalty** by the Coordinator Judge: 0.50 point for unauthorized retrieval
- 4.2.4. If the apparatus falls but **does not leave** the floor area, the use of a replacement apparatus is not authorized:
Penalty by the Execution (E) Judge: 0.70 point for loss of apparatus
- Penalty** by the Coordinator Judge: 0.50 point for use of a replacement apparatus
- 4.3. BROKEN APPARATUS OR APPARATUS CAUGHT IN THE SMALL BEAMS OF THE CEILING**
- 4.3.1. If the apparatus breaks during an exercise or gets caught in the small beams of the ceiling the gymnast or Group will not be authorized to start the exercise over.
- 4.3.2. The gymnast or the Group will not be penalized for the broken apparatus or the apparatus caught in the small beams of the ceiling but will only be penalized for the consequences of various technical errors.
- 4.3.3. In such a case, the gymnast or the Group may:
 Stop the exercise
 Continue the exercise with a **replacement apparatus**
- 4.3.4. **No gymnast or group is allowed to continue an exercise with a broken apparatus.**
Penalties:
 If the gymnast or the Group stops the exercise, the exercise is not evaluated.
 If the gymnast or the Group resumes the exercise with a replacement apparatus, the penalties will be the same as for loss of the apparatus and use of a replacement apparatus (see *Paragraphs 4.2.2. and 4.2.3.*).
 If the gymnast or the Group continues an exercise with a broken apparatus, the exercise will not be evaluated.
- 4.3.5. If the apparatus breaks at the end of the exercise (last movement) and the gymnast or the Group ends the exercise with the broken apparatus or without the apparatus, the penalty is the same as for "loss of apparatus at the end of the exercise:"
Penalty by the Execution (E) Judge: 0.70 point

5. DRESS OF GYMNASTS

5.1. INDIVIDUAL AND GROUP GYMNASTS

5.1.1. Gymnastics leotard

A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some part in lace will have to be lined (from the trunk to the chest).

The neckline of the front and back of the leotard must be no further down than half of the sternum and the lower line of the shoulder blades.

Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.

The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).

The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body.

The leotards of Group gymnasts must be identical (of the same material, style, design and color). However, if the leotard is made of a patterned material, some slight differences due to the cut may be tolerated.

5.1.2 It is allowed to wear:

Long tights down to the ankles, over or under the leotard.

A full-length one-piece leotard (unitard) provided that it is skin tight

The length and colors(s) of the fabric covering the legs must be identical on both legs (the "harlequin" look is forbidden), only the style (cut or decorations) may be different.

A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.

The style of the skirt (cut or decorations) is free, but the skirt must always fall back on the hips of the gymnast (the look of "ballet tutu" is forbidden).

Gymnasts may perform their exercises with bare feet or gymnastics slippers.

The hair style must be neat and trim and the make-up clear and light.

5.1.3. Jewellery of all types and piercings, which could jeopardize the security of the gymnast, are not allowed

● **Penalty** by the Coordinator Judge:

- Dress of the Individual gymnast and of the Group gymnast not conforming to the regulations: 0.30 point.
- Emblem or publicity not conforming to official norms: 0.30 point.

5.1.4. Bandages or support pieces cannot be in colors and must be of a beige color

● **Penalty** by the Coordinator Judge 0.30 point if this rule is not met.

6. DISCIPLINE

6.1. DISCIPLINE OF THE GYMNASTS AND COACHES

6.1.1. Individual gymnasts and the six (6) gymnasts of the Group should be present in the competition area only once they have been called either by microphone or by the Coordinator Judge, or when the green light is showing.

Penalty by the Coordinator Judge:

- Early or late presentation by the gymnast or by the group: 0.50 point.
- Gymnast warming up in the competition hall: 0.50 point.
- Group gymnasts communicating verbally with each other during the exercise: 0.50 point.

6.1.2. Individual gymnasts and Groups must enter the floor area with rapid marching without musical accompaniment and establish the start position immediately

Penalty by the Coordinator Judge: 0.50 point if this requirement is not met (Annex)

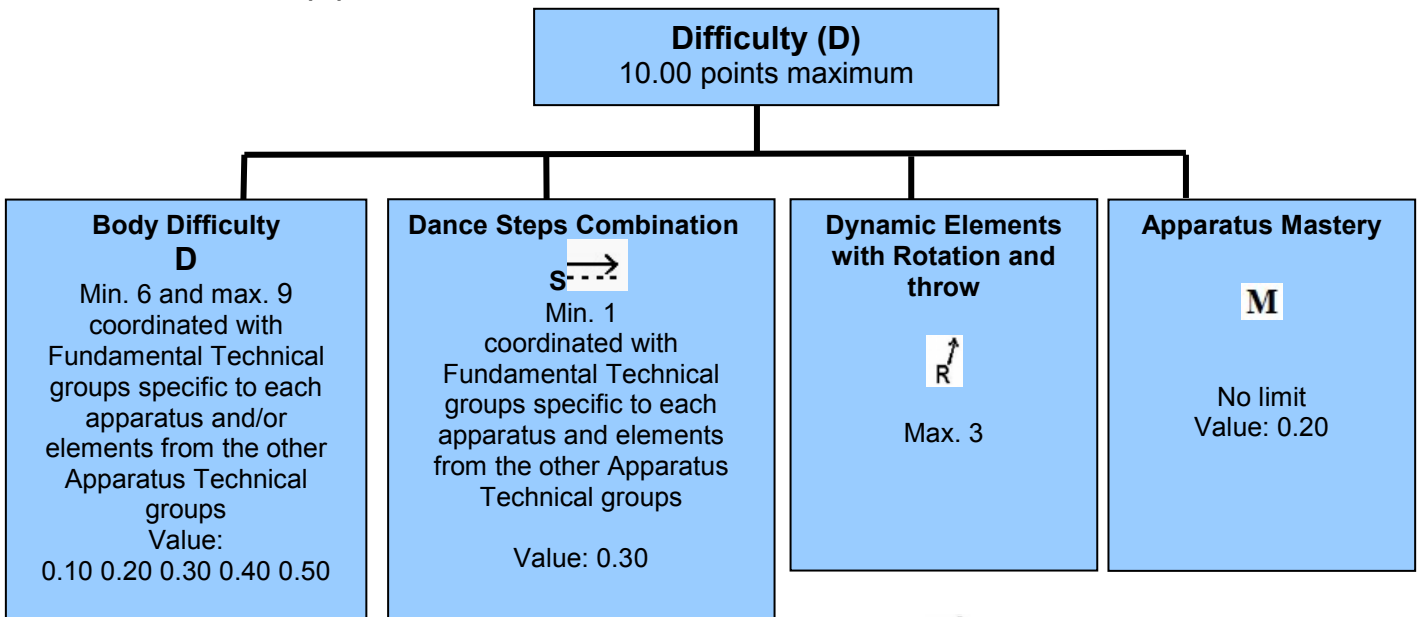
6.1.3. During the actual performance of the exercise, the coach of the gymnast or group (or any other member of the delegation) may not communicate with their individual gymnast/s, group gymnasts, the musician, or the judges in any manner.



Penalty by the Coordinator Judge: 0.50 point

The total of these penalties will be deducted from the final score

INDIVIDUAL EXERCISES DIFFICULTY (D)

1. **DIFFICULTY (D)** of the Individual exercises consists of:



On the official Difficulty form, the composition elements (**D**, **S** , **R** , **M**) must be written in the order of their execution.

1.1. Body Difficulty: the Difficulties from each group of body movements should be present in the exercise (Minimum 2, maximum 4 from each group of body movements): Jumps/Leaps \wedge , Balances \top , Rotations \circ

1.1.1. Each **Body Difficulty** is counted only once: either isolated or as a part of a Multiple Difficulty or as a part of a Mixed Difficulty (may not be repeated).

1.1.2. Rotation Difficulties: in case of an incomplete number of rotations compared to what was indicated on the official form, the Rotation will be evaluated according to the number of rotations performed.

1.1.3. **Multiple Rotation Difficulty (Pivots)**

All Pivots count as **1 Difficulty**

2 or more Rotations with **different** shapes

Connected **without heel support**

Calculation: value of the first Pivot base + value of the second Pivot base (only in the case that the minimum basic rotation in each shape is complete without a technical fault - hop or interruption). **No bonus given for connection.**

Examples:

Inscription: on the official form after the symbol of each pivot, indicate the number of rotations: ($\circ 1 \circ 2$) = 0.20 + 0.20 = 0.40 point

In case the gymnast fails to execute the minimum basic rotation in the any of the shapes but correctly executes the minimum basic rotation in the other shape(s), the correctly executed Rotations will be valid.

~~($\circ 1 \circ 1$)~~ = 0.00 + 0.10 = 0.10 point

($\circ 1 \circ 1$) = 0.20 + 0.00 = 0.20 point

($\circ 2 \circ 1$) = 0.40 (720°) + 0.10 (360°) = 0.50 point

In the case of an interruption in the Rotation (slide or hop), the value of the Rotations already performed prior to the interruption will be valid.

$$(\overset{\text{+}}{\circ} \overset{\text{+}}{\text{V}} 1 \overset{\text{+}}{\circ} \overset{\text{+}}{\text{N}}) = 0.20 (360^\circ + \text{hop}) + 0.00 = 0.20 \text{ point}$$

In the case of an interruption (slide or hop) during the connection, the value of complete Rotations already performed prior to the interruption will be valid (but not after the interruption).

$$(\overset{\text{+}}{\circ} 2 + \text{hop} + \overset{\text{+}}{\circ} \overset{\text{+}}{\text{N}}) = 0.40 + 0.00 = 0.40 \text{ point}$$

1.1.4. Multiple Rotation Difficulty (“Fouette”)

Counts as **1 Difficulty**

2 or more **identical or different** shape “Fouette” connected **with heel support (no bonus given for connection)**

It is possible to perform 2 or more identical shapes one time **or different “Fouetté” shapes combined** one time (**0.10 for connection is not added**).

Examples:

$$- (\overset{\text{+}}{\circ} 221) = 0.50 \text{ point}$$

$$(\overset{\text{+}}{\circ} 221) = 0.50 \text{ point}$$

$$(\overset{\text{+}}{\circ} 222 \overset{\text{+}}{\circ} 2) = 0.80 \text{ point}$$

1.1.5. Mixed Difficulty

2 or more different Difficulties from the same or different groups of body movements

Each component counts as 1 Difficulty

Connected:

- without intermediary step (\wedge),
- with or without heel support (T),
- in case of Rotation (\circ) either with plie-releve or from releve to flat foot, or another part of the body, depending on the type of Rotation

Each connection without interruption: + 0.10 point

Example: ($\wedge + \wedge$) or ($\text{T} + \text{T}$) or ($\circ + \circ$) or ($\wedge + \text{T}$) or ($\text{T} + \circ$) or ($\wedge + \circ$) etc.

Example: ($\overset{\text{+}}{\circ} 1 \overset{\text{+}}{\text{T}} 1$) = 0.40 + 0.40 + 0.10 for connection = 0.90 point

- o In case the gymnast fails to execute one of the Difficulties that composes the Mixed Difficulty, the remaining Difficulties which are correctly executed are counted but the 0.10 point for the connection(s) is subtracted.

Example: ($\overset{\text{+}}{\circ} 1 \overset{\text{+}}{\text{T}} 1$) = 0.00 + 0.40 + 0.00 for connection = 0.40 point

- o In case the gymnast performs each Difficulty correctly but performs the connection with a technical fault (hop or interruption), both Difficulties are valid but the 0.10 point for the connection(s) is subtracted.

Example: ($\overset{\text{+}}{\circ} 1 + \text{hop} + \overset{\text{+}}{\text{T}} 1$) = 0.40 + 0.40 + 0.00 for connection = 0.80 point

1.1.6. «Same shape»:

An identical relation between the trunk/legs/hands during the entire development of the Difficulty.

A **repetition of the same shape** - regardless of the presence/absence of rotation, or walkover, or the number of body rotations, or slow turn, or body wave— **is not counted**.


Exception: in the case of a series (maximum 3) of the same Leaps/Jumps and identical Rotation Difficulties (Pivots) connected with heel support

1.1.7. A Body Difficulty is valid if executed:







































With a minimum of 1 Fundamental Technical element specific to each apparatus and/or an element from the Other Technical apparatus groups **during the isolated Difficulty** or during each component of a **Multiple Rotation Difficulty (Pivots) and Mixed Difficulty**



Without one or more of the following **serious Technical faults**:

- o Major alteration of the basic characteristics specific to each group of body movements




- Rotations: any rotations performed after a 'hop' or 'slide' (fault) will not be valid; only those rotations performed before the fault will be valid
 - Loss of the apparatus during the Difficulty, including 1 or 2 Clubs
 - Loss of balance during the Difficulty with support on the hand(s) or apparatus or fall
 - Static apparatus
- 1.1.8. Any Difficulty performed with a value lower than entered on the form will not count
Exception Rotation difficulties: in cases of incomplete rotations compared to the amount of rotations indicated on the form, the Difficulty is evaluated according to the number of executed rotations.
Difficulties executed with a higher value will maintain the value indicated on the form.
Any Difficulty executed with greater amplitude than required by the definition of the corresponding Difficulty will not change the value of the Difficulty.
- 1.1.9. In an exercise a gymnast may perform only **one** Difficulty with “Slow Turn” in “**relevé**” or on flat foot. Value: 0.10 point + Difficulty element value (see Table).
The “slow turn” is not authorized on the knee, on the arms, or in the “Cossack” position.
- 1.1.10. Elements with body rotations such as walkovers and rolls and/or full body waves performed either standing or on the floor (which are not Difficulties listed in the table) can be added before or after the Difficulties under the condition that these elements must end in the corresponding Difficulty or must begin immediately at the end of the Difficulty without any interruption. In these cases the symbol (⤵) and wave (⤿) are added **before or after** the symbol of the Difficulty.
Value: 0.10 point + Difficulty element value
Repetition of the same body rotation element (different technique or start position) **is not allowed**.
In case the gymnast repeated the same ⤵ or ⤿; or did not correctly execute ⤵ or ⤿, the Difficulty is valid but the value of the added element (+0.10 point) is cancelled.
- 1.1.11. A Difficulty is in connection with a throw of the apparatus:
if the apparatus is thrown at the beginning, during, or towards the end of the Difficulty
if the apparatus is caught at the beginning, during, or towards the end of the Difficulty
in the series of 3 Leaps Difficulties, it is possible to perform the throw of the apparatus on the first leap and catch of the apparatus on the 3rd Leap. The second Leap which is performed under the flight of the apparatus (without a Technical element of the apparatus) is counted as a Difficulty.
- 1.2. **Dance Steps Combination S**  **Value 0.30 point:** continuous connected dance steps (from ballroom, folklore, modern dance, etc.) showing different rhythmical patterns with the apparatus in motion during the entire combination and performed:
During a minimum of 8 seconds in accordance with the tempo and rhythm of the music
To convey the character and emotional response of the music through body and apparatus movements
With partial or complete traveling
Coordinated with **Fundamental and the Other Apparatus Technical group(s)**:
- From the same and/or different groups, or series
- No large throws (close connection with the apparatus)
- Minimum 1 Fundamental apparatus group is required
- 1.3. **Fundamental and Other Apparatus Technical Groups**
Performance of Fundamental Technical groups of apparatus work **must be predominant in the exercise (more than 50%)**.
Penalty by Judge (D): 0.50 point for absence of Fundamental Group predominance
Apparatus technical elements are not limited but cannot be performed identically.
Examples :
○ Circles and “figure eight” executed on different planes and/or amplitude
○ Unstable balance of Clubs executed on various parts of the body
○ Rolls of Clubs and Ribbon stick on different parts of the body

1.3.1. Summary Table of Fundamental Technical Groups specific to each apparatus and Other Apparatus Technical Groups

Apparatus	Fundamental Apparatus Technical Groups	Other Apparatus Technical Groups
	 Passing through the Rope with a Jump/Leap, Rope turning forward, backward, or to the side	 Series (min. 3) of rotations, Rope folded in two
	 Passing through the Rope with series (min.3) of small hops, Rope turning forward, backward, or to the side	 Rotation of the open, stretched Rope, held by the middle or by the end
	 "Echappé" and catch ; Spirals	
	 Passing through the Hoop with the whole or part of the body	 Passing over the Hoop with the whole or part of the body
	 Roll of the Hoop over minimum 2 body segments  Roll of the Hoop on the floor	 Small throw/catch
	 Series (min. 3) of rotations around the hand	
 Rotations of the Hoop around its axis: <ul style="list-style-type: none"> ▪ 1 free rotation on the part of the body ▪ Series (min.3) of rotations on the floor 		
	 Roll of the Ball over minimum 2 body segments  Roll of the Ball on the floor	 <ul style="list-style-type: none"> ▪ "Flip-over" movement of the Ball ▪ Rotations of the hand/s around the Ball ▪ Assisted series (min.3) of small roll ▪ Roll of the body over the Ball on the floor
	 Bounces: <ul style="list-style-type: none"> ▪ Series (minim.3) of small bounces ▪ One high bounce ▪ Visible rebound from a part of the body 	 Small throw/catch
	 Figures eight with "flip over" of the ball with circle movements of the arms (circumduction) and ample movement of the trunk	 Catch of the Ball with one hand
	 Mills: at least 4 small circles of the Clubs with time delay and by alternating crossed and uncrossed wrists/ hands each time	 <ul style="list-style-type: none"> ▪ Free rotations of 1 or 2 Clubs on the part of the body or on the floor ▪ Rolls of 1 or 2 Clubs on the part of the body or on the floor ▪ Rebound of 1 or 2 Clubs from the body ▪ "Sliding" movements" ▪ Tapping
	 Series (min.3) of small circles with both Clubs	 Series (min. 3) of small circles with 1 Club
	 The asymmetric movements of 2 Clubs must be different in their shape or amplitude and in the work planes or direction	 Small throw/catch of 1 Club
	 Small throws/ catches with rotation of 2 Clubs together simultaneously or alternating	 Throws/catches of 2 Clubs, simultaneous  (→) Throw of 2 Clubs, asymmetric
		 "Cascade" throws/catches (double or triple)
	 Spirals (4-5 waves), tight and same height  Spirals on the floor	 "Boomerang"
 Snakes (4-5 waves), tight and same height  Snakes on the floor	 <ul style="list-style-type: none"> ▪ Rotational movement of the Ribbon stick around the 	

	 Passing through or over the pattern of the Ribbon	<p>hand</p> <ul style="list-style-type: none"> •Roll of the Ribbon stick on the part of the body •Rebound of the stick from the part of the body
	 "Echappé"	

1.3.2. Summary table of Other Apparatus Technical Groups Valid For All Apparatus

	Throws and catches
	Apparatus handling (apparatus in motion): Figure 8 with ample body movement Large circles Transmission of the apparatus around any part of the body or under the leg(s) Wrapping (Rope, Ribbon), rebounds, etc.
	Unstable balance on the part of the body

1.3.3. Unstable Balance of Apparatus:

The apparatus is held without the help of the hand(s) on a small surface of the body segment (neck, foot, back of the hand) or with a difficult body-apparatus relationship with risk of loss of the apparatus (including the Ball on the open hand during a Rotation Difficulty)

The apparatus cannot be squeezed by any part of the body in order to be considered in a position of unstable balance \mathcal{R}

An incorrect unstable balance element \mathcal{R} is considered Static apparatus

Exception: Ball and Club(s) balanced behind the back during body movements with rotation or Rotation Difficulty.

1.3.4. Static Apparatus

The apparatus is held firmly or squeezed by one/two hands

The apparatus is held firmly or squeezed by one or several parts of the body during more than one body movement

The apparatus is held for a preparation movement for the Difficulty and the Difficulty itself or two Difficulties in a row.

Penalty by the Execution (E) Judge: 0.30 point for static apparatus

1.4. Dynamic elements with Rotation and throw (\mathcal{R}) consist of the large throw of the apparatus and:

Minimum 2 rotations of the body around any axis during the throw or flight of the apparatus

A loss of visual control of the apparatus

With or without passing to the floor

A catch of the apparatus during or at the end of the rotation(s) without a technical fault during the catch

1.4.1. The value of the dynamic elements with rotation (\mathcal{R}) can be increased with the following conditions:

type of the throw

number of body rotations during the throw or flight of the apparatus

type of the catch during or at the end of the final rotation

1.4.2. Base Value and Criteria of \mathcal{R}

Base value	Criteria
\mathcal{R} 2 =0.20	2 dynamic elements with body rotation
\mathcal{R} 3 =0.30 or more	3 or more dynamic elements with body rotation (+ 0.10 for each additional rotation)



1.4.3. Additional Criteria for \mathcal{R} :




Additional criteria may be performed during the throw and/or catch of the apparatus and/or during the body rotation (see Summary Table of Additional Criteria)

For each additional criteria, the base value of the \mathcal{R} is increased by 0.10 point.















In case the gymnast does not execute one or several of the criteria or number of rotations, the value of the R is decreased by the value of the criteria which were not executed as long as the minimum 2 rotations are performed.

On the official Difficulty form, the total number of rotations intended and the symbols for the additional criteria will be declared:

Example: R_3   = 0.50

Example:   R_2  = 0.50

1.4.4. Summary Table of Additional Criteria for R

Additional Criteria R	
	Change of body rotation axis under the throw or during the catch of the apparatus
	Outside of visual control during the throw/catch
	Without the help of the hands during the throw/catch
	Change of level without adjustment or traveling during the throw or catch
	Passing through the apparatus during throw/ catch
Specific throws of the apparatus	
	With rotations around its diameter; on horizontal or vertical plane
	Oblique plane
	Throw/catch of 2 Clubs
	Asymmetric throw of 2 Clubs Mixed catch of Rope/Clubs
	Clubs: throws in cascade or alternating
	Open Rope
Specific catches of the apparatus	
	Direct catch in a roll
	Re-throw/re-bound
	Direct catch in rotation

1.4.5. In the combinations of R it is possible to use Body Difficulties with rotations of a value of 0.10 point without writing them on the official Difficulty form and without taking them into consideration during the calculation of the total value of Body Difficulty

1.4.6. Rotation element (Chainée) can be used only once as a part of R , isolated or in a series of 2-3 Chainée.

1.4.7. If the gymnast makes a minor adjustment (1 small step standing or on the floor) during the catch of R **but still catches the apparatus correctly, the value of the R will be decreased by 0.10 point.**

1.5. **Pre-acrobatic elements:** can be performed **once** in an exercise:

As a part of a Body Difficulty with different rotation techniques

The same pre-acrobatic element can be performed as a part of R , isolated or in a series of 2-3 elements.

The pre-acrobatic element that was performed in a series cannot be performed once more in isolation as part of R

All pre-acrobatic elements must be performed without a stop position or with a very short stop during a catch of the apparatus.

1.5.1. Only the following groups of pre-acrobatic elements are authorized:

Forward, backward and side rolls without flight

Walkovers forward, backward, cartwheels without flight

Walkovers performed with different types of support (on the chest, on the shoulders, on the hand(s)) are considered as different pre-acrobatic elements.

«Chest roll/Fish - flop»: walkover on the floor on one shoulder with passing through the vertical of the stretched body



“Dive Split Leap”: leap with trunk bent forward followed directly by one or more rolls is valid for R^{\uparrow} (Dynamic element with Rotation)

Example: “Dive Split Leap” followed directly by 2 rolls = $R^{\uparrow} 3$ (3 Dynamic elements with Rotation)

1.5.2. The following elements are authorized but not considered as pre-acrobatic elements:

Dorsal support on the shoulders

Side or front splits on the floor, without any stop in the position

Support on one or two hands or on the forearms without any other contact with the floor, without walkover/cartwheels and without stopping in the vertical position.

1.5.3. All groups of authorized pre-acrobatic elements may be included in the exercise on the condition: that they are coordinated with a technical element of the apparatus.

the gymnast should be in contact with the apparatus in the beginning, in the end or during the whole element

1.6. Apparatus Mastery (M)

1.6.1. General requirements: Consists of apparatus element combinations:

Necessarily including **non-ordinary/original combinations** of apparatus elements

Valid only when performed **without any execution penalty**

Elements combinations of each Apparatus Mastery **must be different (no repetition)**

On the official Difficulty form Mastery is identified **M**

Consists of:

o BASE: Fundamental and/or Other Apparatus Technical Groups (refer to 1.3.1)

o + a minimum 3 criteria. Example: **M**

OR

o BASE: Fundamental and/or Other Apparatus Technical Groups (refer to 1.3.1)

o + minimum 2 criteria + Body rotation. Example: **M**

1.6.2. Apparatus Mastery elements can be performed during:

Body movement Difficulty (D)

Dance steps combination S→

1.6.3. Table of Mastery Criteria - Examples

	Without visual control
	Without help of the hand(s)
	Passing through the apparatus during throw/catch (U, O)
	Double rotation of the U / O during \wedge Difficulty Very fast rotations of the club(s) during the flight
	With body rotation
$3 \times$	3 transmissions without the help of the hands with at least 2 different body parts
$2 \text{ (loop)} \rightarrow$ $3 \text{ (loop)} \rightarrow$	2 or 3 rolls of the apparatus over different body segments $O, \bullet, \uparrow, \text{ (loop)}$
	With transmission from one hand to the other without interruption as well as spiral or snake pattern of the Ribbon in horizontal plane above the head (loop)
	Direct catch with rolling of the apparatus on the body O, \bullet, \uparrow
	Direct catch with passing through the apparatus U, O
	Passing through the apparatus directly into throw $U, O, \text{ (loop)}$ Catch with immediate re-throw with rotation around the axis O
	Direct catch of the apparatus in rotation O
	“Cascade” throws/catches (double, triple) $\uparrow \uparrow$

	Small throws/ catches with rotation of 2 Clubs together simultaneously or alternating
	Asymmetrical throw of 2 Clubs/ Mixed catch
	Throw/catch under the leg
	Re-throw
	Throw of the open, stretched Rope
	"Boomerang" throw of the Ribbon, catch during a Body Difficulty
	For throw without the hand following a Base other than throw EX:
NEW	New original elements

1.7. Difficulty score (D)

The (D) Judge evaluates the Difficulty of the exercise in the following way:

- Evaluate all the Body Difficulties (max.9) in their order of performance, verify they are performed in a valid way
- Add, in case of necessity, the non-declared body Difficulties on the official Difficulty form.
- Verify the execution of a minimum 1 Dance Steps Combination $S \rightarrow$
- Verify the execution of a maximum 3 dynamic elements with Rotation R
- Verify the Apparatus Mastery (**M**)
- Apply the corresponding score
- Deduct the penalties

1.8. Penalties by the D Judges

Penalties	0.30	0.50
	Form/ exercise consists of less than 2 Difficulties of each Body Group, penalty for each missing Difficulty Form/exercise consists of more than 4 Difficulties of each Body Group, penalty for each Difficulty above the number of the authorized Difficulties (All Difficulties, in the order of their execution above norms, are cancelled) If the exercise accidentally stops for a long time (serious execution fault) and the gymnast has no time to perform the elements declared on the form, there is no penalty for missed Difficulties.	For absence of Fundamental groups predominance (less than 50%) More than 9 Difficulties declared (only the first 9 Difficulties executed will be counted) Form/exercise is missing 1 Dance Steps Combination $S \rightarrow$
	For incorrect calculation of: Total value of all the Difficulties Value of each Difficulty component: D , R , $S \rightarrow$, M	Form/exercise has more than 3 Dynamic Elements with Rotation R
	More than one "slow turn" Difficulty per exercise	More than one exercise with music with voice and words
	For each Difficulty performed but not declared on the official form.	

1.8.1. If the symbol is written incorrectly, the Difficulty is not counted (**no Penalty**)

1.8.2. In case there is a difference between the textual description of the Difficulty and the drawing in the table of Difficulties, the text prevails.

1.9. Difficulty Tables

1.9.1. Table of Jumps/ Leaps Difficulties (∧)

1.9.1.1. Basic characteristics:

defined and fixed shape during the flight

height sufficient to show the corresponding shape

1.9.1.2. For the leaps which do not have rotation, ring, or back bend in the base, each 180° or ring +0.10, or back bend +0.20.

In this case the following symbol should be added to the symbol of the existing leap: rotation 180°: ∩, ring ∟, back bend ∪.

Examples: — (0.20) + rotation 180° = ∩ (0.30); ∩ (0.50) + ring = ∩∟ (0.60); ∩ (0.50) + back bend = ∩∪ (0.70)

	0,10	0,20	0,30	0,40	0,50
1. Vertical Jumps with rotation of the body on 180°, as well as 360°	<p style="font-size: small;">180°</p> <p style="font-size: small;">side</p>	<p style="font-size: small;">360°</p>			
2. «Cabriole» (forward, side, backwards); arch					
3. "Scissor" Leaps with switch of legs in various positions; in ring	<p style="font-size: small;">At the horizontal</p>	<p style="font-size: small;">Above horizontal (forward, backward)</p>			
4. Straddle jumps					
5. «Cossack» Legs in various positions; in ring			<p style="font-size: small;">(take-off and landing on the same foot)</p>		
6. Ring					
7. «Fouette» Legs in various positions					

	0,10	0,20	0,30	0,40	0,50
8. "Entrelace". Legs in various positions					
9. Split and stag leaps in: ring; with back bend; with trunk rotation. These Jumps/Leaps, performed with take-off from 1 or 2 feet, are considered as different Difficulties. In case of take-off from 2 feet, the symbol ↑ should be added below the Jump symbol					
10. "Switch" split leaps, passing with straight or bent leg in: stag; ring; back bend and/or with trunk rotation					
11. Turning split leaps (legs in various positions), also with back bend and/or with legs switch					
12. «Butterfly»					

1.9.2. Table of Balance Difficulties (T)





1.9.2.1. Basic characteristics:

defined and clearly fixed shape (stop position)

executed on the toes, flat foot, or different parts of the body


1.9.2.2. Slow turn:

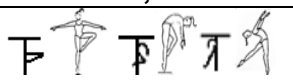


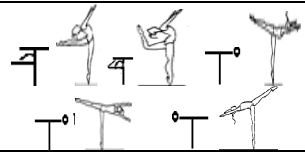

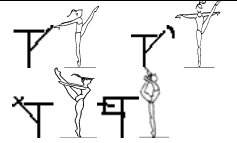
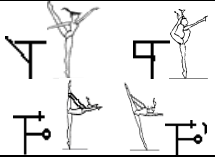
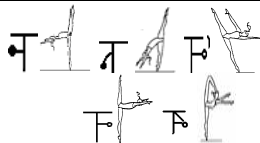






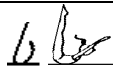

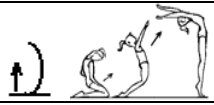
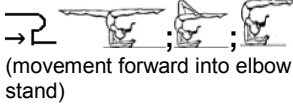
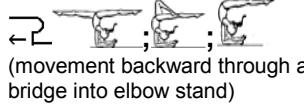
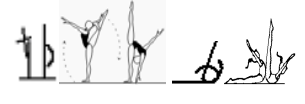

It is possible to perform 1 slow turn on "relevé" or flat foot with one balance in an exercise. The value of the balance is determined by adding 0.10 to the base value of the

Balance for 180 degree slow turn or more during the difficulty. The following symbol is added to the symbol of the existing balance:  or  (Example:  )

In case slow turn is not correctly performed during the Balance Difficulty, the value of Difficulty + slow turn value will not be valid.

It is not authorized to perform a slow turn on the knee, on the arms, or in the "Cossack" position

1.9.2.3. Difficulties #2 & #3 may be performed on flat foot. The value is reduced by 0.10 and the balance symbol should include an arrow down (Example:  = 0.40 points)

	0,10	0,20	0,30	0,40	0,50
1. Free leg below horizontal in: "Passe," with body bent forward or backward					
2. Free leg at the horizontal in different directions, body bent forwards, backwards, sideways					
3. Free leg high up in different directions; body at the horizontal level or below, with or without help					
4. Fouetté (min. 3 different shapes, on "relevé" with a minimum of 1 turn of 90° or 180°). Each Balance shape must be clearly fixed.			 Fouetté Leg at the horizontal for 2 shapes min. + min 1 turn		 Fouetté: Leg above horizontal for 2 shapes min.+ min 1 turn
5. "Cossack:" free leg at: horizontal level; high up; with gymnast changing level					
6. Balances with support on various parts of the body					
7. Dynamic balance with full body wave					
8. Dynamic balance with or without leg movement with support on various parts of the body.	 (movement forward into elbow stand)	 (movement backward through a bridge into elbow stand)			

1.9.3. Table of Rotation Difficulties (o)

1.9.3.1. Basic characteristics

minimum basic rotation of 360° (except rotation #3 ↓↓, ↑↓)

defined and fixed shape during the entire rotation

executed on the toes (Pivot), flat foot, or on the support of different parts of the body

1.9.3.2. Additional rotations:

Each additional rotation **on releve** of 360° increases the level of the Difficulty by the base value for isolated and Multiple Rotation Difficulties and as part of Mixed Difficulties

Each additional rotation of 360° on **flat foot or another part of the body** increases the level of the Difficulty by 0.20 point

Rotations with **back bend of the trunk** (#3, value 0.40 and 0.50): different starting positions ("Start standing", «Start from the floor») require different techniques; therefore, these Rotations are considered to be different. It is possible to perform 1 time per exercise Rotation from "Start standing" position, 1 time - «Start from the floor» position regardless of the chosen base rotations (180°/360°).

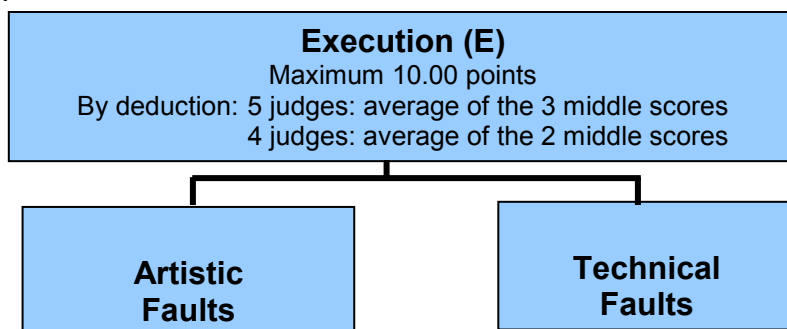
For possible change of gymnast's level (support leg bending progressively, return to stretch position) **+ 0.10 point for each**. In this case it's necessary to add an arrow (arrows) specifying a direction of change of gymnast's level to the right of a symbol.

Examples: o ↓ support leg bending progressively; o ↑ support leg return to stretch position; o₃ ↓↑ support leg bending progressively and return to stretch position

	0,10	0,20	0,30	0,40	0,50
1. Free leg below horizontal in: "Passé," body bent forward or backward; Spiral turn with wave ("tonneau")					
2. Free leg straight or bent on the horizontal level; body bent on the horizontal level.					
3. Free leg high up with or without help; body bent on the horizontal level or below horizontal					
4. «Cossack» (free leg on the horizontal level); body bent forwards.					
5. «Fouetté»					
6. "Illusion" forward, side, backwards; Spiral turn with full body wave; "penche" rotation					
7. Rotation on various parts of the body					

INDIVIDUAL EXERCISES EXECUTION (E)

2. EXECUTION (E) of the Individual exercises consists of:



2.1. Artistic Components

2.1.1. Unity of Composition

- 2.1.1.1. The main objective is to create an artistic image, expressed through the body and apparatus movements and the character of the music.
- 2.1.1.2. The character of the music should define the guiding idea/theme of the composition, and the gymnast must convey this guiding idea to the audience from the beginning to the end of the exercise.
- 2.1.1.3. The composition should be developed by the technical, aesthetic and connecting elements, where one movement passes smoothly into the next, including contrasts in the speed/intensity (dynamism), amplitude and levels of the movements, performed in relationship with the music.
- 2.1.1.4. The composition should not be a series of disconnected Body Difficulties or apparatus elements, but the transitions from one movement to another should be logical and smoothly connected, without unnecessary stops or prolonged preparatory movements before body or apparatus elements.
- 2.1.1.5. In the beginning and in the end of the exercise the gymnast has to be in contact with the apparatus. The position of the gymnast in the beginning of the exercise has to be justified and used for the initial movement of the apparatus. Start and final positions should not be extreme

2.1.2. Music and Movement

- 2.1.2.1. There should be a total correlation between the movements and the music, performed by:
The contrast of movements in accordance with the **tempo, rhythm and music accents**
The ability to express the character and emotional responses to the music through body movements and continuous apparatus work
- 2.1.2.2. An exercise which is connected to the music only in the beginning and the end is considered as the use of a "background music."

2.1.3. Body Expression is characterized by:

- A synthesis of strength, beauty and elegance of movements
- Participation of all body segments in movement (head, shoulders, trunk, hands, arms, legs)
- The facial expressions must also communicate the theme of the music and the message of the composition
- Variety in the speed and intensity (dynamism) of the gymnast/apparatus movements, which should reflect the dynamism of the movement
- A continuity of movements without interruptions or unnecessary stops or long preparatory elements

2.1.4 Use of Space (variety): The floor area must be used completely:

- Different **levels** (gymnast in flight, standing, on the floor, etc.)
- Variety of **directions/trajectories** of body/apparatus movements (forward, backwards, etc.)
- Variety in the **modalities** of travelling

Penalty by the Execution (E) Judge: 0.30 point for lack of variety in the use of levels, directions/trajectories of body/apparatus movements and modalities of travelling

2.2. Technical Faults

2.2.1. Right/ Left hand work (50% of the apparatus movements)

Should be evenly distributed in the exercise

Individual exercise: for Hoop, Ball, and Ribbon.

Not required for Group exercise

Lack of balance between Right/Left hand work

Penalty by the Execution (E) Judge: 0.30 point

2.3. Execution Penalties (Artistic and Technical)

Penalties	0.10	0.30	0.50 or more
Artistic Faults			
Unity of the Composition		Extreme start or final position	Absence of unity between the music and the exercise composition during a part of the exercise
			Absence of unity between the music and the exercise composition during all exercise - 1.00
Music - movement	Absence of harmony between the rhythm and the character of the music and the movements, isolated occurrences (0.10 each time)		Absence of harmony between the rhythm and the character of the music and the movements during a part of the exercise
			Absence of harmony between the rhythm and the character of the music and the movements during all exercise-entirely lacking rhythm and character - 1.00
Body Expression	Isolated segmentary movements	Absence of body and facial expression in the majority of the exercise	Total absence of body (segmentary movements) and facial expression
Use of space (variety)		Lack of variety in the use of levels, directions/trajectories of body/apparatus movements and modalities of travelling	
Technical Faults			
Music		Absence of harmony between music-movement at the end of the exercise due to a loss of the apparatus: 0.30 + loss of the apparatus	Absence of harmony between music-movement at the end of the exercise
Body movements			
Generalities	Incomplete movement		
	Travelling without throw: adjusting the body position on the floor		

Penalties	0.10	0.30	0.50 or more
Basic technique	Body segment incorrectly held during a movement (each time, up to a maximum of 1.00 point)		
	Loss of balance: additional movement without travelling	Loss of balance: additional movement with travelling	Loss of balance with support on one or both hands or on the apparatus Total loss of balance with fall - 0.70
		Static gymnast *	
Leaps/Jumps	Lack of amplitude in the shape; heavy landing		
Balances	Lack of amplitude in the shape; Shape neither fixed nor held		
Rotations	Lack of amplitude in the shape; Shape neither fixed nor well-defined		
	Support on the heel during a part of the rotation when performed in "relevé"	Axis of the body not at the vertical and ending with one step	
	Travelling (sliding) during the rotation	Hops during the rotation or interruption	
Pre-acrobatic Elements	Heavy landing	Unauthorized pre-acrobatic elements	
	Incorrect technique	Authorized pre-acrobatic element performed with an unauthorized technique	

***Static gymnast: the gymnast should not remain static (motionless) if at any moment she is not in contact with the apparatus (for example: throws, rolls of the apparatus over the floor, etc)**

Apparatus			
Loss of the apparatus (for the loss of 2 Clubs in succession: the judge will penalize one time based on the total number of steps taken to retrieve the farthest clubs)		Loss and retrieval without travelling	Loss and retrieval after a short travelling (1-2 steps) Loss and retrieval after a large travelling (3 or more steps) or outside the floor area (regardless of distance) - 0.70
			Loss of the apparatus and use of the replacement apparatus - 0.70
			Loss of the apparatus (no contact) at the end of the exercise - 0.70
Technique	Imprecise trajectory and catch in flight with 1 - 2 step	Imprecise trajectory and catch in flight with 3 or more steps	
	Incorrect catch or with the help of one hand or the body Involuntary contact with the body with alteration of the trajectory	Static apparatus **	

	Involuntary catch of the ball with both hands (Exception: catches outside the visual field)		
		Lack of balance between right/left hand work	
Penalties	0.10	0.30	0.50 or more
Rope			
Basic technique	Incorrect handling: amplitude, shape, work plane, or for the rope not held at both ends (each time, up to a maximum of 1.00 point)		
	Loss of one end of the rope with a short stop in the exercise		
	Feet caught in the rope during jumps or hops		
	Knot in the rope	Involuntary wrappings around the body or part of it with interruption of the exercise	
Hoop			
Basic technique	Incorrect handling: alteration in the work plane, vibrations (each time, up to a maximum of 1.00 point) Irregular rotation on the vertical axis		
	Catch after throw: contact with the forearm	Catch after throw: contact with the arm	
	Incorrect roll with bounce and involuntary, incomplete roll over the body		
	Sliding on the arm during rotations		
	Passing through the hoop: feet caught in the hoop		
Ball			
Basic technique	Incorrect handling: ball held against the forearm (each time, up to a maximum of 1.00 point)		
	Incorrect roll with bounce and involuntary, incomplete roll over the body		
Clubs			
Basic technique	Incorrect handling (each time, up to a maximum of 1.00 point)		
	Irregular movements or interruption of the movement during small circles and mills and arms too far apart during the mills		
	Alteration of synchronization in the rotation of the 2 clubs during throws and catches		

	Lack of precision in the work planes of the clubs during asymmetric movements		
Penalties	0.10	0.30	0.50 or more
Ribbon			
Basic technique	Alteration of the pattern formed by the ribbon (each time, up to a maximum of 1.00 point)		
	Incorrect handling: imprecise passing/transmission, ribbon stick involuntarily held in the middle, incorrect connection between the patterns, snap of the ribbon (each time, up to a maximum of 1.00 point)	Involuntary wrappings around the body or part of it with interruption in the exercise	
	Snakes and Spirals: loops or waves insufficiently tight/loops or waves not of the same amplitude (height, length) (each time, up to a maximum of 1.00 point)		
	Knot without interruption in the exercise	Knot with interruption in the exercise	
	The end of the Ribbon stays on the floor involuntarily during the performance of pattern, throws, echanges, etc.		

**** Static Apparatus** (see Individual exercise # 1.3.4)

2.4. Execution score (E): Each Execution (E) Judge records all the artistic and execution faults and gives the total deductions.

GROUP EXERCISES GENERALITES

1. NUMBER OF GYMNASTS

- 1.1. Each group consists of 6 gymnasts; 5 gymnasts participate in each exercise and the remaining gymnast is allowed to be in the competition area during the performance of the exercise (in case of an incident with one of her partners).
- 1.2. If during an exercise a gymnast leaves the group for valid reason:
 - a) **The gymnast may be replaced with another gymnast**
 - **Penalties** by Coordinator Judge:
 - o 0.30 point- for "gymnast leaving the Group"
 - o 0.50 point- for "use of a new gymnast"
 - b) **The gymnast is not replaced**
 - **The exercise is not evaluated**

2. ENTRY

- 2.1. The placing of the group on the floor area must be done:
 - With rapid marching and without musical accompaniment
 - **Penalty** by Coordinator Judge: 0.50 point, if this rule is not met.
 - With the 5 gymnasts each having one apparatus, or one or several gymnasts holding the 5 pieces of apparatus, which she or they will throw or pass rapidly to her/their partners

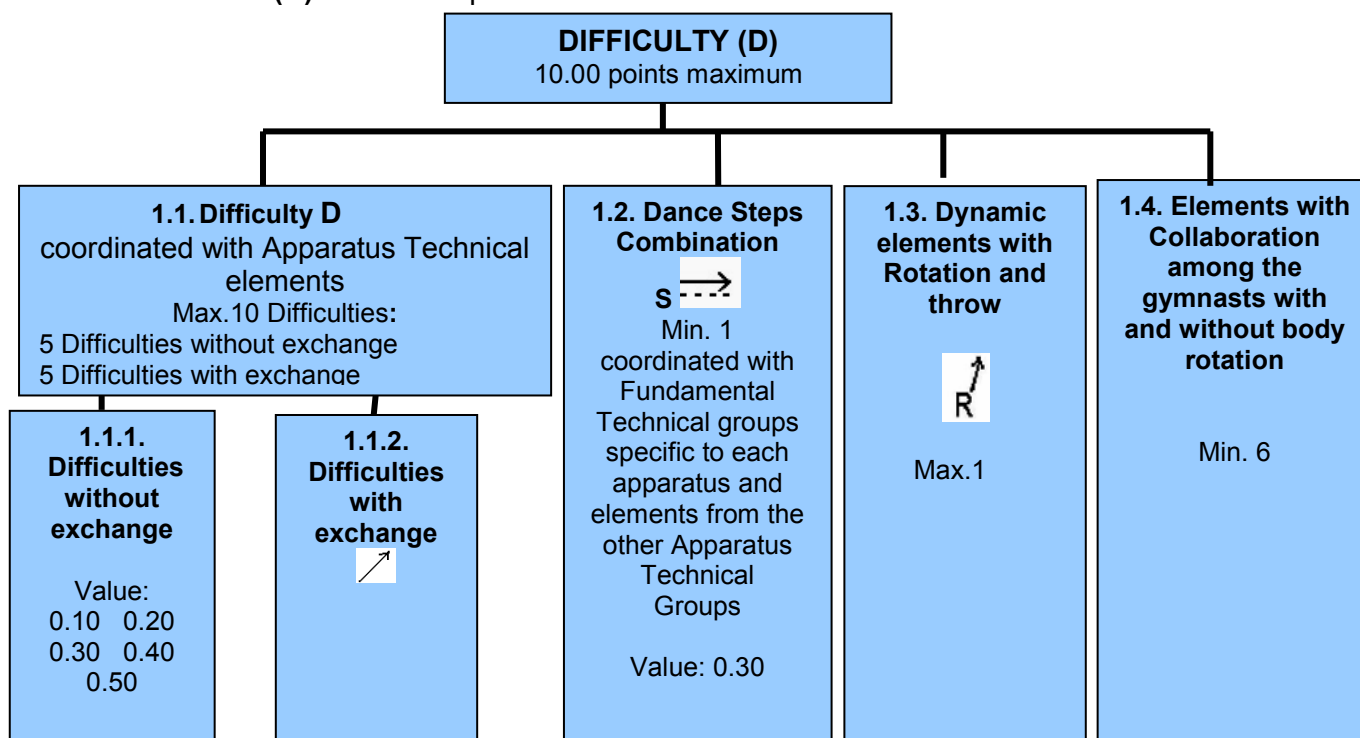
3. CONTACT WITH THE APPARATUS

3.1. Start and End of the Exercise

- 3.1.1. At the beginning of the exercise, one or several gymnasts cannot remain without apparatus for longer than 4 body movements (more than 4 seconds)
 - **Penalty** by Execution (E) Judges: 0.30 point, if one or several gymnasts are without apparatus for more than 4 movements (more than 4 seconds)
- 3.1.2. If the apparatus and the gymnasts do not start moving simultaneously, the various moves must follow each other rapidly within a maximum of 4 movements to avoid visible immobility of one or several gymnasts or apparatus.
 - **Penalty** by Execution (E) Judges: 0.30 point for visible immobility longer than 4 movements (more than 4 seconds) of one or several gymnasts or apparatus.
- 3.1.3. At the end of the exercise, each gymnast may hold or be in contact with one or several apparatus. In this case, one or several gymnasts may be without apparatus in the final position.
 - **Penalty** by Execution (E) Judge: 0.30 point if all 5 gymnasts are not in contact with the apparatus in the final position.

GROUP EXERCISES DIFFICULTY (D)

1. DIFFICULTY (D) of the Group exercise consists of:



On the official form the Difficulty (D) content (see # 1.1, 1.2, 1.3, 1.4) must be written in the order of execution.

1.1. Difficulty (D)

Each group exercise can have a maximum of **10 Difficulties**

1.1.1. Difficulties without exchange (Body difficulties) – 5

All the Body Difficulties listed for the individual exercises are also valid for group exercises. Only isolated Body Difficulties are valid.

- 1.1.1.1. The Difficulties may be of the same type and level for all 5 gymnasts or of different types and levels. The lowest value Difficulty performed by one of the gymnasts will determine the value of the Difficulty for the group.
- 1.1.1.2. Difficulties will not be valid if they are not performed by all 5 gymnasts, either due to a composition fault or any of the technical faults of one or several gymnasts (see Individual Exercises, # 1.1.6; 1.1.7)
- 1.1.1.3. The simultaneous performance of **3 or more different Body Difficulties by all 5 gymnasts is not authorized. Example:** at the same time: «jeté with a turn » by 3 gymnasts, «Cossack jump» by 1 gymnast and total body wave with spiral (“Tonneau”) by 1 gymnast.
 - **Penalty** by the Difficulty (D) Judge: 0.30 point and the 3 Difficulties are not evaluated
- 1.1.1.4. The group exercise must be represented by all the body movement groups (\wedge ; T; \circ), minimum 1 Difficulty from each group.

1.1.2. Difficulty with exchange (\nearrow) – 5

1.1.2.1. **The Difficulties with exchange must be counted** on the official form as follows:

1 Difficulty = 1 body movement element or more during exchange

Value of Difficulty with exchange: Base value 0.10 point, performed with minimum 1 criteria.

Example: 1 body movement element (Body Difficulties may not be performed during the exchange)

1.1.2.2. **Exchanges by throwing the apparatus** are the only ones considered as Difficulties with exchange.

The exchanges may be of the same level for all 5 gymnasts or of different levels

The lowest value exchanged will determine the value of the exchange

1.1.2.3. It is mandatory to perform various types of exchanges with different throws or catches (5 different types)

Penalty by Difficulty (D) Judge: 0.30 point if this rule is not met

1.1.2.4. Exchanges may be performed:

simultaneously or in very rapid succession

with or without traveling

by the 5 gymnasts together or by subgroups

between 1 type or 2 types of apparatus

1.1.2.5. The basic exchange is valid only if all gymnasts participate in both actions of an exchange:

Throwing her own apparatus

Receiving an apparatus from a partner

1.1.2.6. If one or several apparatus fall during the exchange, the exchange is no longer valid

1.1.2.7. The following elements performed during the throw and/ or during the catch of the apparatus can increase the value of an exchange by 0.10 each:

Distance: 6 meters (\longrightarrow_6) during the throw and/ or during the catch (**when it is intended to be part of the choreography**)

Catch on the floor: (\equiv) gymnast must already be on the floor and not move towards the floor during the catch

Throw and/or catch of 2 Clubs together ($\swarrow\searrow$)

Throw and/or catch performed outside the visual field (\otimes) or without the help of the hands (\neq)

Element of Rotation (No Difficulty) during the flight of the apparatus (\circ)

Re-throw ($\swarrow\searrow$)

1.1.2.8. Technical specifications regarding the exchanges:

Rope/Ribbon: An exchange by throwing the Rope or the Ribbon is valid only if the apparatus is totally free in space for any length of time.

Clubs: the exchange is valid with the throw of 1 Club as well as with the throw of 2 Clubs.

Ribbon: When exchanging the Ribbons with a throw, the gymnasts must generally catch the apparatus by the end of the stick. However, it is permitted to intentionally catch the Ribbon by its material within a zone of approximately 50 cm. from the attachment, providing that this catch is justified for the next movement.

1.2. **Dance Steps Combination S \dashrightarrow** : (minimum 1)

Same or different by all 5 gymnasts

Same or different by subgroups (see also Individual exercises)

1.3. **Dynamics elements with Rotation and throw R \uparrow** (maximum 1) involves all 5 gymnasts:
(see Individual exercise)

1.4. **Elements with Collaboration among the gymnasts with and without Rotation (minimum 6)**

Penalty by Difficulty (D) Judges: 0.30 point for each missing element with Collaboration (in addition to the exchange)

1.4.1. **Collaborations without body rotation – C, CC, C $\swarrow\searrow$**

1.4.1.1. Elements with Collaboration imply:

All 5 gymnasts, together or in subgroups (couple, trio, etc.) must be in contact either directly or by means of the apparatus

Performed with different modalities by one or several gymnasts (with or without throw of apparatus by one or more gymnasts, different directions, variety of traveling and formations, etc.)

The elements of cooperation are well-organized with the apparatus work

1.4.1.2. Elements with Collaboration are valid under the following conditions:

If the subgroups perform a Collaboration of different values, the lowest value counts.

Performed without a Technical execution fault (**Example: imprecise trajectory during Collaboration and catch in flight with 2 or more steps**).

In case the number of gymnasts or type of Collaboration is different than the number declared on the form, the Collaboration is not valid.

1.4.2. Collaborations with body Rotation - CR, CRR, CRRR

All 5 gymnasts must participate in the Collaboration action(s)

The "loss of visual contact" during the flight of the apparatus with body rotation around any axis refers always to the catch of the apparatus, either the gymnast's own apparatus or the apparatus of the partner

1.4.3. Contact with the apparatus during the Collaborations:

It is possible for one or several gymnasts to be in possession of two or more apparatus and their partners having none, under the condition that such a situation is no longer than 4 movements (4 seconds)

During all Collaborations, the various moves must follow each other rapidly, within a maximum of 4 movements (4 seconds), in order to avoid visible immobility of one or several gymnasts and/or apparatus.

Penalty by Execution (E) Judges:

- 0.30 point if one or several gymnasts are without apparatus for more than 4 movements (more than 4 seconds)
- 0.30 point for visible immobility of one or several gymnasts and/or apparatus for more than 4 movements (more than 4 seconds).

1.4.4 Prohibited elements with Collaboration

Actions or positions by leaning on one or several partners without contact with the floor, maintained for longer than 4 movements (4 seconds)


Carrying or dragging a gymnast over the floor for more than 2 steps

Walking - with more than one support - over one or several gymnasts grouped together

Forming pyramids

Penalty by the Execution (E) Judges: 0.30 point for each prohibited element(s); the collaboration is not valid


1.4.5. Criteria and Value of Elements with Collaboration among the gymnasts

Value					Types of Collaboration
0.10	0.20	0.30	0.40	0.50	
C					Collaboration with or without throw of apparatus: By all 5 gymnasts In subgroups (couple, trio, 4+1.) With "lifting" of one or several gymnasts With support on the apparatus and/or gymnasts
CC					Multiple exchanges: Min. 2 exchanges by each gymnast Different apparatus handling (bounces, rolls on the floor, throw etc.)
	C 				Throw of 2 or more apparatus Simultaneously or in rapid succession by the same gymnast (max 2 times)
	CR				Throw of own apparatus by one or several gymnasts and immediate catch of own or a partner apparatus after: A dynamic element of body rotation under the flight of the apparatus with loss of visual control of the apparatus With the help of the partner(s)/support/lifting or the apparatus (this option not required)
		CRR 1-2 gymnasts	CRR3 3 gymnasts		Throw of own apparatus by one or several gymnasts and catch of own or a partner apparatus after: A dynamic element with body rotation under the flight of the apparatus with loss of visual control of the apparatus With passing above, below or through one or several apparatus and/or partners Or, passing with support of one or more partners and/or the apparatus of one or more partners Or, catching the apparatus by a gymnast who is lifted by her partner(s)
				CRRR	Throw own apparatus by one or several gymnasts and immediate catch of own or a partner apparatus after: Passing through a partner's apparatus during the flight (apparatus held neither by the partner nor by the gymnast passing through) with dynamic element of body rotation with loss of visual control

Additional Criteria:

The Collaboration is increased by +0.10 for each of the following when more than 1 gymnast throw and/or catch the apparatus:

 - Without help of the hand(s)

 - Without visual control

1.5. Difficulty score (D)

The Judge evaluates the Difficulty (D) of the exercise in the following way:

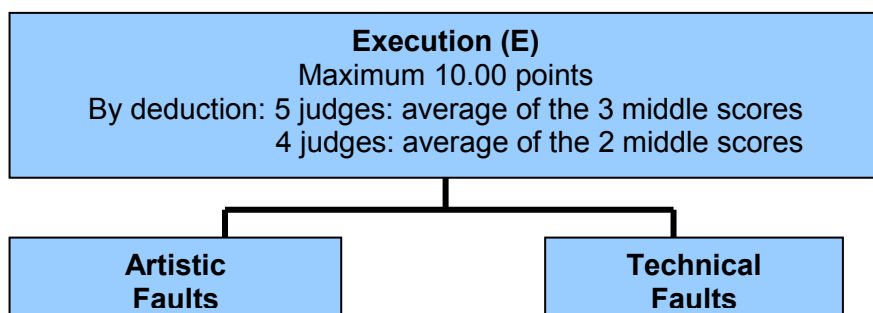
- Evaluate the 10 Difficulties in their order of performance, verify they are performed in a valid way
- Add, in case of necessity, the non-declared Difficulties on the official Difficulty form
- Verify the execution of 5 Difficulties without Exchange
- Verify the execution of 5 Difficulties with Exchange ↗ with 5 different types of throw or catches
- Verify the execution of a minimum 1 Dance Steps Combination S →
- Verify the execution of 1 maximum Dynamic elements with Rotation R ↗
- Evaluate the Elements with Collaboration among the gymnasts with and without body Rotation (minimum 6)
- Apply the corresponding score
- Deduct the penalties

1.6. Penalties by the D Judges

Penalties	0.30	0.50
Simultaneous performance of 3 or more different Body Difficulties by all 5 gymnasts during Difficulties without exchange		The form has more than 10 Difficulties (in this case only the first 10 Difficulties performed will be evaluated) The form/exercise has less than 5 Difficulties without exchange The form/exercise has less than 5 Difficulties with exchange ↗ The form/exercise does not have 1 Dance Steps Combination S → The form/exercise has more than 1 R ↗ More than one exercise with music with voice and words
If on the form incorrect: addition of total value of all the Difficulties value of one Difficulty		
More than 1 «slow turn»		
For each Difficulty performed but not declared on the official form.		
Lack of a 5 different types of throws or catches during Difficulties with exchange		
Absence of an apparatus or a body movement group		
For each missing element with Collaboration (in addition to the exchange)		

GROUP EXERCISES EXECUTION (E)

2. EXECUTION (E) of the Group exercises consists of:



2.1. Artistic Component

2.1.1. Unity, Expressivity, Musicality:

All the norms mentioned for the Individual exercises are also valid for Group exercises

2.1.2. Organization of the Collective Work:

The typical character of the Group Exercise is the participation of each gymnast in the homogeneous work of the group in a spirit of cooperation.

2.1.3. Each Composition must have different types of organization in the collective work:

When all the gymnasts perform the **same** movements:

Organization with synchronized execution

Execution in rapid succession

Execution in "canon"

Execution in "contrast"

When all the gymnasts perform **different** movements:

Organization with "choral" execution

Execution in Collaboration

None of these types of execution must overwhelm the composition

2.1.4. Variety of movements, including dynamics (speed and intensity of the movements)

2.1.5. **Use of Space (variety):** The floor area must be used completely:

Formations: minimum 6 (variety of amplitude and design)

Different **levels** (gymnast in flight, standing, on the floor, etc.)

Variety of **directions/ trajectories** of body/apparatus movements (forward, backwards, etc.)

Variety in the **modalities** of travelling

Penalty by the Execution (E) Judge: 0.30 point for lack of a minimum 6 formations (variety of amplitude and design)

Penalty by the Execution (E) Judge: 0.30 point for lack of variety in the use of the levels, directions/trajectories of body/apparatus movements and travelling modalities

2.2. Execution Penalties (Artistic and Technical)

Penalties	0.10	0.30	0.50 or more
Artistic Faults			
Unity of the Composition		Extreme start or final position	Absence of unity between the music and the exercise composition during a part of the exercise
			Absence of unity between the music and the exercise composition during all exercise - 1.00
Music - movement	Absence of harmony between the rhythm and the character of the music and the movements, isolated occurrences (0.10 each time)		Absence of harmony between the rhythm and the character of the music and the movements during a part of the exercise
			Absence of harmony between the rhythm and the character of the music and the movements during all exercise-entirely lacking rhythm and character - 1.00
Body Expression	Isolated segmentary movements	Absence of body expression in the majority of the exercise	Total absence of body expression (segmentary movements)
Organization of the collective work	Isolated violations in the collective work	Majority of the exercise lacks variety in the collective work	Total lack of variety in the collective work
		Prohibited elements with Collaboration	
Use of Space (variety)		Lack of a minimum 6 formations(variety of amplitude and design)	
		Long stop in a formation	
		Lack of variety in the use of the levels, directions/ trajectories of body/ apparatus movements and travelling modalities	
Technical Faults			
Music - movement (each gymnast)	Lack of synchronization between individual rhythm and that of the group		Absence of harmony between music-movement at the end of the exercise
		Absence of harmony between music-movement at the end of the exercise due to a loss of the apparatus: 0.30 + loss of the apparatus	
Synchronization and harmony	Lack of synchronization in the speed, amplitude or intensity of expression (each time, up to a maximum of 1.00 point)		
Formations and travelling	Alteration of the formation		Collision between the gymnasts / apparatus (+ all the consequences)
	Imprecision in the direction and the shape of the travelling		

Penalties	0.10	0.30	0.50 or more
Body movements			
Generalities	Incomplete movement		
	Travelling without throw: adjusting the body position on the floor		
Basic technique	Body segment incorrectly held during a movement (each time, up to a maximum of 1.00 point)		
	Loss of balance: additional movement without travelling (each gymnast)	Loss of balance: additional movement with travelling (each gymnast)	Loss of balance with support on one or both hands or on the apparatus (each gymnast) Total loss of balance with fall - 0.70 (each gymnast)
		At the beginning of the exercise one or several gymnasts are without apparatus for more than 4 movements (more than 4 seconds) During the Collaboration one or several gymnasts are without apparatus or they are immobile for more than 4 movements (more than 4 seconds) Static gymnast * (each gymnast)	
		At the end of the exercise, all gymnasts are not in contact with the apparatus.	
Leaps/Jumps	Lack of amplitude in the shape; heavy landing		
Balances	Lack of amplitude in the shape; Shape neither fixed nor held		
Rotations	Lack of amplitude in the shape; Shape neither fixed nor well-defined		
	Support on the heel during a part of the rotation performed in releve	Axis of the body not at the vertical and ending with one step	
	Travelling (sliding) during the rotation	Hops during the rotation or interruption	
Pre-acrobatic Elements	Heavy landing	Unauthorized pre-acrobatic elements	
	Incorrect technique	Authorized pre-acrobatic element performed with an unauthorized technique	

***Static gymnast(s):**

the gymnast should not remain static (motionless) if at any moment she is not in contact with the apparatus (for example: throws, rolls of the apparatus over the floor, etc) visible immobility of one or several gymnasts for more than 4 movements (more than 4 seconds) during the Collaborations

Penalties	0.10	0.30	0.50 or more
Apparatus			
Loss of the apparatus <i>(for the loss of 2 clubs in succession: the judge will penalize one time based on the total number of steps taken to retrieve the farthest clubs) (each gymnast)</i>		Loss and retrieval without travelling	Loss and retrieval after a short travelling (1-2 steps)
			Loss and retrieval after a large travelling (3 or more steps) or outside the floor area – 0.70
			Loss of the apparatus and use of the replacement apparatus- 0.70
			Loss of the apparatus (no contact) at the end of the exercise 0.70
Technique (each gymnast)	Imprecise trajectory and catch in flight with 1- 2 step	Imprecise trajectory and catch in flight with 3 or more steps	
	Incorrect catch or with the help of one hand or the body Involuntary contact with the body with alteration of the trajectory	Static apparatus **	
	Involuntary catch of the ball with both hands (Exception: catches outside the visual field)		
Rope			
Basic technique	Incorrect handling: amplitude, shape, work plane, or for the rope not held at both ends (each time, up to a maximum of 1.00 point)		
	Loss of one end of the rope with a short stop in the exercise (each gymnast)		
	Feet caught in the rope during jumps or hops (each gymnast)		
	Knot in the rope (each gymnast)	Involuntary wrappings around the body or part of it with interruption of the exercise (each gymnast)	
Hoop			
Basic technique	Incorrect handling: alteration in the work plane, vibrations (each time, up to a maximum of 1.00 point) Irregular rotation on the vertical axis		
	Catch after throw: contact with the forearm	Catch after throw: contact with the arm	
	Incorrect roll with bounce and involuntary, incomplete roll over the body		
	Sliding on the arm during rotations		
	Passing through the hoop: feet caught in the hoop (each gymnast)		
Ball			
Basic technique	Incorrect handling: ball held against the forearm (each time, up to a maximum of 1.00 point)		
	Incorrect roll with bounce and involuntary, incomplete roll over the body		

Penalties	0.10	0.30	0.50 or more
Clubs			
Basic technique	Incorrect handling: each time, up to a maximum of 1.00 point		
	Irregular movements or interruption of the movement during small circles and mills and arms too far apart during the mills		
	Alteration of synchronization in the rotation of the 2 clubs during throws and catches		
	Lack of precision in the work planes of the clubs during asymmetric movements		
Ribbon			
Basic technique	Alteration of the pattern formed by the ribbon (each time, up to a maximum of 1.00 point)		
	Incorrect handling: imprecise passing/transmission, ribbon stick involuntarily held in the middle, incorrect connection between the patterns, snap of the ribbon (each time, up to a maximum of 1.00 point)	Involuntary wrappings around the body or part of it with interruption in the exercise	
	Snakes and Spirals: loops or waves insufficiently tight/loops or waves not of the same amplitude (height, length) (each time, up to a maximum of 1.00 point)		
	Knot without interruption in the exercise (each gymnast)	Knot with interruption in the exercise (each gymnast)	
	Throws and "echappe": ribbon stays on the floor involuntarily		

**** Static Apparatus: visible immobility of one or several apparatus for more than 4 movements (more than 4 seconds) during the Collaborations, also see Individual Exercises #1.3.4.**

2.3. Execution score (E): each Execution (E) Judge records all the artistic and execution faults and gives the total deductions.



ANNEX

- Penalties of the Coordinator Judge
- Competition Program: Senior, Junior
- Technical Program for Junior Individual Exercise
- Technical Program for Junior Group Exercise
- Examples: Official Difficulty Form: Individual Exercise (**D**)
Official Difficulty Form: Group Exercise (**D**)
Official Execution Form: Individual Exercise (**E**)
Official Execution Form: Group Exercise (**E**)

PENALTIES TAKEN BY THE COORDINATOR JUDGE FOR INDIVIDUAL AND GROUP EXERCISES

1	For each additional or missing second on the time of the music	0.05
2	For music not conforming to regulations	0.50
3	For each crossing of the boundary of the floor area by the apparatus or one or two feet or by any part of the body touching the ground outside the specified area or any apparatus leaving the floor area and returning by itself	0.30
4	For each gymnast or each Group gymnast who changes floor areas or ends her exercise outside the floor area or leaves the floor area during the exercise	0.30
5	For any use of non-conforming apparatus (Individual and Group exercises)	0.50
6	For any additional replacement apparatus above what is authorized	0.50
7	For unauthorized retrieval of the apparatus	0.50
8	For an unauthorized use of replacement apparatus (original apparatus still in the floor area)	0.50
9	Dress of the individual and group gymnast not confirming to the regulations	0.30
10	For emblem or publicity not conforming to official norms	0.30
11	Bandages or support pieces not confirming to the regulations	0.30
12	For early or late presentation by the gymnast(s)	0.50
13	For gymnast(s) warming up in the competition hall	0.50
14	For Group gymnasts communicating verbally with each other during the exercise	0.50
15	For excessive delays in routine preparation which delay the competition	0.50
16	For coach communication with the gymnast(s), musician, or judges during the exercise	0.50
17	For Group gymnast leaving the Group during the exercise	0.30
18	For "use of a new gymnast" if a gymnast leaves a group for valid reason	0.50
19	Entry of the group to the floor area is not confirming to the Rules	0.50

















SENIOR PROGRAM

1. AGE OF GYMNASTS













- 2013:** 1997 and older
- 2014:** 1998 and older
- 2015:** 1999 and older
- 2016:** 2000 and older

2. APPARATUS PROGRAM

2.1. Individual Gymnasts: 4 exercises

2013	—				
2014	—				
2015	—				
2016	—				

2.2. Groups: 2 exercises

2013	10 	3  2 
2014	10 	3  2 
2015	5 	6  2 
2016	5 	6  2 

















JUNIOR PROGRAM

1. AGE OF GYMNASTS









- 2013:** 2000 - 1999 - 1998
- 2014:** 2001 - 2000 - 1999
- 2015:** 2002 - 2001 - 2000
- 2016:** 2003 - 2002 - 2001

2. APPARATUS PROGRAM

2.1. Individual Gymnasts: 4 exercises

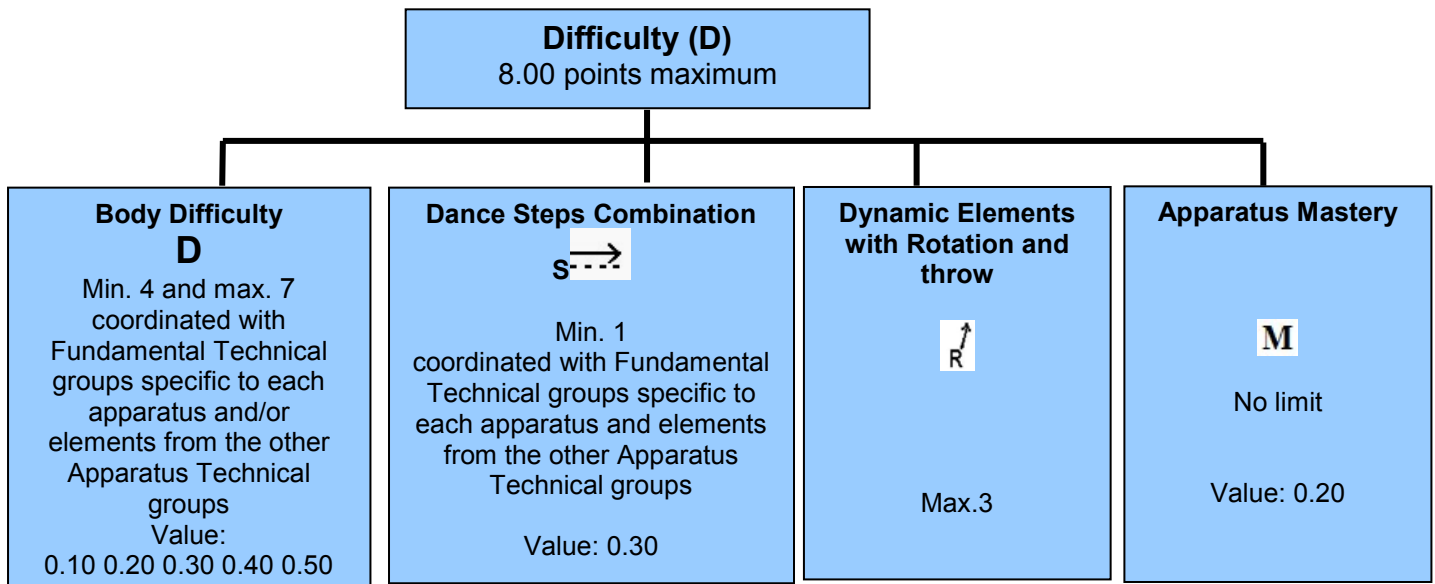
2013	—				
2014	—				
2015					—
2016					—



2.2. Groups: 2 exercises



2013	5 	10 
2014	5 	10 
2015	5 	5 
2016	5 	5 

Note: For the Junior gymnasts the length of the Ribbon is 5m.

3. TECHNICAL PROGRAM FOR JUNIOR INDIVIDUAL EXERCISES





On the official Difficulty form, the Difficulty elements (**D**, **S** , **R** , **M**) must be written in the order of their execution.




- 3.1. Body Difficulty:** the Difficulties from each Body Group should be present in the exercise (Minimum 1, maximum 3 from each body group): Jumps/Leaps , Balances **T**, Rotations 
- 3.1.1. Each **Body Difficulty** is counted only once: either isolated or as a part of a Multiple Difficulty or as a part of a Mixed Difficulty (**may not be repeated**).
- 3.1.2. Value of each **Body Difficulty** (Isolated, Multiple, or Mixed): **1.00 point maximum**
- 3.1.3. On the Official Difficulty form, all declared Difficulties must be maximum 1.00 point.
- 3.1.4. Each Difficulty exceeding 1.00 point will not be valid (0.00 point), no penalty applied.
- 3.1.5. For Difficulties with Rotation (Pivots), the value of the Difficulty is counted until 1.00 point.
- 3.1.6. The general Difficulty norms for individual senior exercises are also valid for junior individual exercises (from # 1.1.2 to # 1.6).

3.2. Difficulty score (D)

The (D) Judge evaluates the Difficulty of the exercise in the following way:

- Evaluate all the Body Difficulties (min 4 and max 7) in their order of performance, verify they are performed in a valid way
- Add, in case of necessity, the non-declared body Difficulties on the official Difficulty form.
- Verify the execution of a minimum 1 Dance Steps Combination **S** 
- Verify the execution of max. 3 Dynamic elements with Rotation **R** 
- Verify the Apparatus Mastery (**M**)
- Apply the corresponding score
- Deduct the penalties

3.3. Penalties by the D Judges

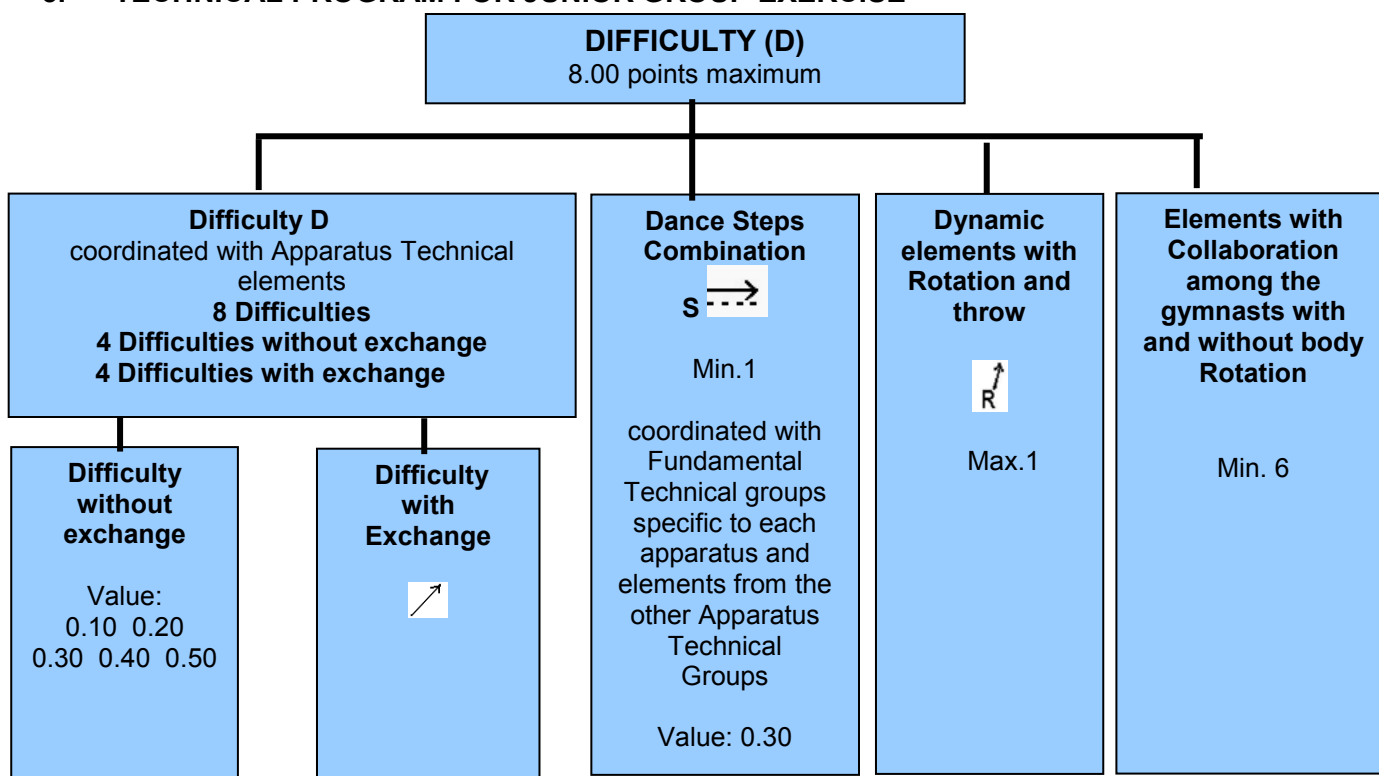
Penalties	0.30	0.50
	Form/ exercise consists of less than 1 Difficulties of each Body Group, penalty for each missing Difficulty Form/exercise consists of more than 3 Difficulties of each Body Group, penalty for each Difficulty above the number of the authorized Difficulties (All Difficulties, in the order of their execution above norms, are cancelled) If the exercise accidentally stops for a long time (serious execution fault) and the gymnast has no time to perform the elements declared on the form, there is no penalty for missed Difficulties.	For absence of Fundamental groups predominance (less than 50%) Less than 4 difficulties or More than 7 Difficulties declared (only the first 7 Difficulties executed will be counted)
	For incorrect calculation of: Total value of all the Difficulties Value of each Difficulty component: D, R  , M	Form/exercise is missing 1 Dance Steps Combination S 
	More than one "slow turn" Difficulty per exercise	Form/exercise has More than 3 Dynamic Elements with Rotation 
	For each Difficulty performed but not declared on the official form	More than one exercise with music with voice and words

- 3.3.1. If the symbol is written incorrectly, the Difficulty is not counted (**no Penalty**)
- 3.3.2. In case there is a difference between the textual description of the Difficulty and the drawing in the table of Difficulties, the text prevails.
- 3.3.3. Difficulty Tables: see Individual senior exercises # 1.9.

4. INDIVIDUAL EXERCISE: EXECUTION (E)

The general norms for Execution for senior individual exercise are also valid for junior individual exercises (see from # 2 until # 2.4).

5. TECHNICAL PROGRAM FOR JUNIOR GROUP EXERCISE



On the official form the Difficulty (D) content (see # 1.1, 1.2, 1.3, 1.4) must be written in the order of execution.

5.1. Difficulty (D)

Each group exercise can have **8 Difficulties**

- 5.1.1. Value of each Difficulty without exchange: **1.00 point maximum**
- 5.1.2. The general Difficulty norms for individual Juniors are also valid for junior Group exercises (from # 3.1.1 to # 3.1.4.)
- 5.1.3. The general Difficulty norms for senior Group exercises are also valid for junior Group exercises (see from # 1.1.1 to # 1.4.5).

5.2. Difficulty score (D)

The Judge evaluates the Difficulty (D) of the exercise in the following way:

- Evaluate 8 Difficulties (D) in their order of performance, verify they are performed in a valid way
- Add, in case of necessity, the non-declared Difficulties on the official Difficulty form
- Verify the execution of 4 Difficulties without exchange
- Verify the execution of 4 Difficulties with Exchange ↗ with 4 different types of throws or catches
- Verify the execution of a minimum 1 Dance Steps Combination **S** →
- Verify the execution of 1 maximum Dynamic elements with Rotation **R** ↗
- Evaluate the Elements with Collaboration among the gymnasts with and without body rotation (minimum 6)
- Apply the corresponding score
- Deduct the penalties

5.3. Penalties by the D Judges

Penalties	0.30	0.50
Simultaneous performance of 3 or more different Body Difficulties by all 5 gymnasts during Difficulties without exchange		The form has more than 8 Difficulties (in this case only the first 8 Difficulties performed will be evaluated)
If on the form incorrect: addition of total value of all the Difficulties value of one Difficulty		The form/exercise has less than 4 Difficulties without exchange
More than 1 «slow turn»		The form/exercise has less than 4 Difficulties with exchange ↗
For each Difficulty performed but not declared on the official form		
Lack of a 4 different types of throws or catches during Difficulties with exchange		
Absence of an apparatus or a body movement group		The form/ exercise does not have 1 Dance Steps Combination S →
For each missing element with Collaboration (in addition to the exchange)		The form/exercise has more than 1 R ↗
		More than one exercise with music with voice and words

6. GROUP EXERCISE: EXECUTION (E)

The general norms for Execution for senior Group exercises are also valid for junior Group exercises (from # 2 to # 2.3).

Individual Exercise

Difficulty (D)

JUDGE

Judge Nº°

Date

Country

Nº gymnast



Difficulty	JUDGE	Difficulty	JUDGE	Difficulty	JUDGE
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	
Value		Value		Value	

Use music with voice and words

TOTAL

Incorrect calculation of:
 Total value of all the Difficulties
 Value of each Difficulty component:
 D, R[↑], S[→], M

- More than 9 Difficulties declared
- Less than 2/ more than 4 Difficulties of each Body Group
- Min. 1 S[→]
- Max. 3 R[↑]

Penalty

▪ For absence of Fundamental groups predominance (less than 50%)

FINAL SCORE JUDGE

Coach Signature.....

Judge Signature.....

Group Exercise

Difficulty (D)

Judge №°

1 type of Apparatus

2 types of Apparatus

№ Group

Country

Date

Difficulty		JUDGE	Difficulty		JUDGE	Difficulty		JUDGE
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		
Value			Value			Value		

Use music with voice and words

TOTAL

Incorrect calculation of:
 Total value of all the Difficulties
 Value of one Difficulty

More than 10 Difficulties
 Less than 5 Difficulties without exchange
 Less than 5 Difficulties with exchange
 Min. 1 S →
 Max. 1 R ↑
 Min. 6 elements with Collaboration


Penalty

5 different types of throw/catches during Difficulties with exchange
 Absence of an apparatus or a body movement group

FINAL SCORE JUDGE

Coach Signature.....

Judge Signature.....

INDIVIDUAL EXERCISE		EXECUTION (E)	
			
Country	Nº Gymnast	Nº Judge	Date
Artistic and Technical Faults		Penalty	
Unity of Composition			
Music-movement			
Body Expression			
Use of Space (variety)			
Technical Faults			
TOTAL EXECUTION PENALTY			

Judge Signature.....

GROUP EXERCISE		EXECUTION (E)		1 type of Apparatus	2 types of Apparatus
Country	Nº Group	Nº Judge	Date		
Artistic and Technical Faults			Penalty		
Unity of Composition					
Music-movement					
Body Expression					
Organization of the collective work					
Use of Space (variety)					
Technical Faults					
TOTAL EXECUTION PENALTY					

Judge Signature.....